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MALNUTRITION AND IT'S CONSEQUENCES  
AMONG UNIVERSITY MALAYSIA KELANTAN  
CITY CAMPUS STUDENTS: THE QUALITATIVE  
ANALYSIS

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## ABSTRACT

This study is conducted to determine the link between mental health and malnutrition among University Malaysia Kelantan city campus students. The main purpose this research is to investigate the link between a lack of knowledge and malnutrition among University Malaysia Kelantan City Campus students. The qualitative analysis approach is chosen and the data collection method that used is a personal semi-structured interview which is open-ended questionnaire by distributing it through platform social media which is WhatsApp, Facebook, Instagram and so on. The primary source of data is employed in the data collection method for this research. Using the purposive or judgemental sampling, around 30 students have conducted a personal semi-structured interview and 20 students have conducted an online survey which is questionnaire. That way very easy to be distributed and collect data information from respondent. Total of a respondent is around 50 students conducted in a personal semi-structured interview and also online survey like questionnaire. In this study, the data are analysed by thematic analysis. Hence this study can help other researcher in the future when they want to investigate the link between a lack of knowledge and malnutrition among University Malaysia Kelantan City Campus students.

**Keywords:** Determine the link between mental health and malnutrition, lack of knowledge, among University Malaysia Kelantan.

## ABSTRAK

Kajian ini dijalankan untuk mengetahui hubungan kesihatan mental dengan kekurangan zat makanan dalam kalangan pelajar Universiti Malaysia kampus bandar raya Kelantan. Tujuan utama penyelidikan ini adalah untuk menyiasat hubungan antara kekurangan pengetahuan dan kekurangan zat makanan dalam kalangan pelajar Universiti Malaysia Kampus Bandaraya Kelantan. Pendekatan analisis kualitatif yang dipilih dan kaedah pengumpulan data yang digunakan ialah temu bual separa berstruktur peribadi iaitu soal selidik terbuka dengan mengedarkannya melalui platform media sosial iaitu Whatsapp, Facebook, Instagram dan sebagainya. Sumber utama data digunakan dalam kaedah pengumpulan data untuk penyelidikan ini. Dengan menggunakan persampelan bertujuan atau pertimbangan, kira-kira 30 pelajar telah menjalankan temu bual separa berstruktur peribadi dan 20 pelajar telah menjalankan tinjauan dalam talian iaitu soal selidik. Dengan cara itu sangat mudah untuk diedarkan dan mengumpul maklumat data daripada responden. Jumlah responden adalah sekitar 50 orang pelajar yang dijalankan dalam temu bual separa berstruktur peribadi dan juga tinjauan dalam talian seperti soal selidik. Dalam kajian ini, data dianalisis secara analisis tematik. Justeru kajian ini dapat membantu pengkaji lain pada masa akan datang apabila mereka ingin menyiasat kaitan antara kekurangan pengetahuan dan kekurangan zat makanan dalam kalangan pelajar Universiti Malaysia Kampus Bandaraya Kelantan.

**Kata kunci:** Tentukan kaitan antara kesihatan mental dan kekurangan zat makanan, kekurangan pengetahuan, di kalangan Universiti Malaysia Kelantan



## CHAPTER 1

### INTRODUCTION

#### 1.1 INTRODUCTION

Chapter 1 consists of the background of the study, problem statement, research objectives, research questions, the significance of the study, and a summary. The background of the study includes the theories, concepts, terms, and ideas of a topic or an issue. The problem statement refers to a clear and brief statement that describes the symptoms of an exact issue that the researchers want to study (Mukesh Kumar, Salim Abdul Talib, & Ramayah, 2012). The study objectives are declarations of purpose or intended activities that can be defined in the form of actions to respond to the given questions. Major broad inquiries might be supplemented with exploratory questions when it comes to research topics (Leon-Abao, 2014). Furthermore, the study's relevance might be described as the amount to which the researchers contributed to changing a notion, improving knowledge, or introducing a new theory in a particular field of study (Maillard, 2013). A brief definition of the independent and dependent variables is included in the definition of terms.

## 1.2 BACKGROUND OF THE STUDY

Rapid economic growth and development are more common in developing countries. Developing nations, on the other hand, will have an impact on the issue of nutritional status. This will be determined by the country's poverty level; when the country is poor, children in the city will suffer from malnutrition, but when the country is wealthy, children will almost certainly suffer from overnutrition, leading to obesity. Malaysia is one of the developing nations on the list, according to the International Society of Gynaecological Endocrinology (ISGE) (2018), yet it is a moderate country with malnourished people. People with malnutrition may be at a greater risk of getting coronavirus in the setting of Covid-19. Malnourished children still exist in Malaysia, and the country will only be able to meet one of the ten global nutrition objectives by 2025.

According to the latest National Health and Morbidity Survey, one in every three Malaysian individuals aged 16 and up suffers from mental illness. According to Momina Abid (2018), the findings of the study show a strong positive link between malnutrition and psychological discomfort, as well as a significant effect of malnutrition on psychological distress. This is because as the level of psychological discomfort rises, so does the risk of malnutrition. As a result, it has an impact on students, especially during the Covid-19 pandemic season, which is growing by the day.

The changing food environment, such as the supply and preparation of food, as well as expanding market factors such as advertising and food trends, will all have an impact on the sort of food that people eat. It is evident that

poverty affects children's dietary choices, particularly for students who are conservative with their food resources, as evidenced by numerous nations, including Malaysia. This is due to the fact that the warning region in Malaysia had a greater rate of malnourished children than the national norm. Furthermore, one of the reasons of malnutrition among students is a lack of awareness about a balanced and nutritious diet among students from rural regions.

### **1.3 PROBLEM STATEMENT**

Malnutrition among students is common nowadays, especially among students with poor mental health. This must be considered since poor mental health and well-being have an influence on students' academic results and willingness to continue in higher education (HE). This is seen in the high rates of mental illness reported by students, as well as the massive increases in the number of students seeking counseling at universities. Therefore, mental health can cause malnutrition among adolescents, especially among students (Craig Thorley, 2017).

Second, malnutrition might happen as a result of students' lack of exposure to essential nutrition information. This is because students pay less attention to the need of eating nutritious food to live a healthier lifestyle. This suggests that these students may have had poor nutrition and eating habits throughout their youth, which may have been worsened by the transition to a new living and working environment. Because becoming a malnutrition entity was less well established among students, many students were found to have a lack of understanding regarding malnutrition. As a result, the majority of first-year

students did not have a good understanding of the nutritional value of food and the proportion of food items needed daily for a healthy diet (Hadaye, Rujuta, Barsha, and Sujata, 2019).

Third, malnutrition can arise when students do not consume enough food. This is because the previous study's findings revealed that breakfast skipping behaviors are related to a lack of nourishment. This is because some students will save money by going on a diet and not eating enough. However, the students could not afford these items and include them in a regular diet due to the difficult financial situation in their respective homes, which, in turn, led them to have succulent yet cheap street food, which deteriorated the nutritional quality of the diet consumed (Hadaye, Rujuta, Barsha, and Sujata, 2019).

The objective of this study is to explore what causes malnutrition among University Malaysia Kelantan City Campus students. Malnutrition is defined as being underweight, overweight, or having an imbalance in the consumption of a balanced dietary supply of nutrients, all of which can have a negative impact on the developing body. Students who are malnourished are more likely to have poor physical and cognitive performance. Overweight people are more likely to suffer from psychological stress, such as sadness, anxiety, and low social output. This should be emphasized as it can cause various risks of dangerous diseases in growing (Zalilah Mohd Shariff, 2019).

#### 1.4 RESEARCH QUESTION

To get the meaning of the prior objective, this research questions build as follow:

- i. What is the link between mental health and malnutrition among University Malaysia Kelantan City Campus students?
- i. What is the link between a lack of knowledge and malnutrition among University Malaysia Kelantan City Campus students?
- ii. What is the link between poor food consumption and malnutrition among University Malaysia Kelantan City Campus students?

#### 1.5 RESEARCH OBJECTIVE

To get the meaning of the prior objective, this research questions build as the follow:

- i. To study the link between mental condition and malnutrition among University Malaysia Kelantan City Campus students.
- ii. To explore the link between malnutrition and a lack of knowledge among University Malaysia Kelantan City Campus students.
- iii. To analyse the link between poor food consumption and malnutrition among University Malaysia Kelantan City Campus students.

## 1.6 SIGNIFICANCE OF THE STUDY

This study intends to contribute to the body of knowledge regarding how malnutrition factors might arise among University Malaysia Kelantan students based on the findings of this research (UMK). Mental health, lack of education, and insufficient food consumption are some of the indicators that might suggest malnutrition among UMK students. As a result, diet is an important part of maintaining good health and avoiding sickness.

Because students nowadays are unaware of such a circumstance, the findings of this study will contribute to the enhancement of education in healthy and balanced food consumption. As a result, students are required to have sufficient information to consume a well-balanced diet that includes calories, fat, proteins, vitamins, and sufficient fibre to suit the body's demands. Furthermore, capable of educating themselves on healthy eating habits, such that a balanced diet is expected to be implemented in the daily food intake routine.

Furthermore, this research will assist a student in avoiding mental health issues, which are often the major cause of malnutrition in students. Students with poor mental health may find it difficult to concentrate on their studies, which can lead to worse scores on examinations and difficulties finishing theses. As a result, students are supposed to always be in a positive environment in order to counter this problem.

Apart from that, the findings of this study may help raise awareness about this issue among those who are unaware of it. Although this may appear to be a minor concern to others, this type of sickness will put kids' futures at risk. Furthermore, this research should help to reduce the number of statistical cases of malnutrition among UMK students. Not only that, but the findings of this study will help future researchers learn more about the causes of malnutrition in students.

## **1.7 SUMMARY**

This chapter has discussed the background of the study, problem statement and research objectives, and research question, significance of the study, and definition of important terms. Therefore, there is a need to do this study to show that there is a relationship between mental health, lack of knowledge, and insufficient intake of food which can affect malnutrition among students in the University Malaysia Kelantan City Campus.



## CHAPTER 2

### LITERATURE REVIEW

#### 2.1 INTRODUCTION

This chapter discussed how to conduct a literature review, which is an important part of developing theoretical constructs and conceptual models since it allows you to synthesis research findings to present meta-level evidence and highlight areas where more study is needed. A literature review will examine research topics with the strength that no one study has by integrating observations and insights from multiple empirical results (Snyder, 2019). A conceptual framework is a network/interconnected system, or a connection of assumptions, perceptions, and beliefs that serves as a foundation for further research (May 2017). The hypothesis, according to Walliman (2017), is a theoretical idea that has not yet been verified against data obtained in a specific situation but may be examined by offering compelling proof of acceptance or rejection. This topic discusses the factors malnutrition among university students. According to World Health Organization, (April 15, 2020), malnutrition refers to deficiencies, excesses, or imbalances nutrient that received by a person. The term of malnutrition come with two group of condition that consist undernutrition and underweight, and overweight. Undernutrition and underweight is the situation where there were stunting (low height for age), wasting (low weight for height), underweight (low weight for age), and micronutrient which is the lack of important vitamins and minerals inside the body. The overweight, obesity and diet-related to no communicable diseases for example heart disease, stroke, diabetes and cancer.



## **2.2 FACTORS OF FAMILY POVERTY**

Family was the main supporter that always supporting their child that continue study in degree with financial. As we known after entering universities life it cost lot of money that consist in many aspects which also can be said that everything needs money. For the example to eat, writing instruments, college fee, and others. Due to financial problem parents were not able to give their children that still study to have healthy food (Azriff Zaim, January 19, 2022). Issue that appears from this matter is micronutrient where those students that having financial problem not able to get enough vitamins and mineral for their body which may cause disease to them and the affect that also may appear is weight loss. This issue critically encounters some student that having financial problem and affecting them.

## **2.3 FACTORS OF KNOWLEDGE ABOUT NUTRITIOUS EATING**

Alongside in their universities life where they only have limited time for their leisure time lot of students still didn't take the knowledge of nutritious eating as a serious matter in their daily life. Due to that, they were exposes to the unhealthiest life style which they only eat what they only want to survive a single day. As we know, student were more exposes to instant food instead of fresh cook food. It is where they were more love to eat something like instant noodles, fried chicken and many more. In this matter, it is happening because they have little knowledge about nutritious eating and instead of having good meal, they only think about how to full their tummy (Zaim, 2022). This has cause lot of issue among them like overweight which can expose them to heart disease, stroke, diabetes, and cancer. This matter may affect their self and their daily life for the upcoming time.

## **2.4 THE EATING PRACTISE**

Some of student didn't have a good eating practise in their daily life which may give effect to their body. In this matter, most of student especially girls were racing to have a good-looking body and to achieve that in instant they were dare enough to take the risk by having a bad diet. For example, they throwing back the food they ate just because scare to look fat. A bad diet habit can cause some issue where they were easier to get sick, stress, tiredness, depression and other because there was no nutrient that enter inside their body (Hindmarsh Square, 2022). The effect of unhealthy diet can be seen through the changes of the student body shape because there will be lot of changes that happen to the student's body neither skinny or obesity.

## **2.5 FOOD INSECURITY AMONG UMK STUDENTS**

Food is a requirement of human daily existence. Nowadays, issue of food insecurity is very important to the university students which is produced from the factory plays an important role for the public to feel safe by eating the food. As a result, that involved proper packaging methods and procedures in producing something good and safe food to eat. Food security, is the availability at all times of the world food of sufficient, nutritious, varied, balanced and moderate basic food ingredients to maintain steady food expansion and balance fluctuations in production and prices. Besides that, food insecurity, or limited or uncertain access to sufficient food because of a lack of economic resources for food (Coleman-Jensen A, 2020), is an underlying cause of poor dietary quality and is associated with acute and chronic health conditions like obesity, cardiovascular disease and diabetes as well as weakened physical health and

compromised mental health status (Gundersen, 2018). Whereas, according to the United States Department of Agriculture (USDA) the limitations or uncertainty of adequate and safe nutritional foods or the limited or uncertain ability to obtain acceptable food in a socially acceptable manner. For example, if a university student is stressed in completing an assignment given by a lecturer, he does not eat safe food because he wants to complete the assignment. In the research on university food insecurity, it is frequently stated that university students' experiences with food poverty differ from those of the broader community. If this is the case, it is critical that we assess food insecurity in a way that captures these diverse experiences, or at the very least permits researchers to create comparable food insecurity measures.

However, in 2018, 11.1% or 14.3 million households in the US were classified as food insecure (Coleman-Jensen A, 2020). Food insecurity encompasses situations of food acquisition problems, poor diet quality, and disrupted eating patterns that result from a lack of resources (Coleman-Jensen A, 2020). Food insecurity impacts caloric intake and diet quality, as well as other aspects of overall wellness of an individual (Gundersen, 2018). Food security is more than an absence of hunger, it involves access, availability, and safety of food within the context of social acceptance of the processes for acquiring food. Nearly a billion people are affected by food insecurity around the world. Food security, according to the United States Agency for International Development (USAID), implies having physical and economic access to enough food to meet dietary needs for a productive and healthy life at all times. In that case, we need to put it another way, households can afford and receive enough nutritious food. A family is food secure if none of its members are hungry or fearful of becoming hungry. For example, when students live in dormitories and are separated from their families, they

will inevitably choose less food than healthy food. This is because it will lead to unsafe food choices such as snacks and unhealthy foods.

Food insecurity is frequently linked to poverty in both the United States and developing countries. Changes in the global economy, such as increases in global food and energy prices, can have a significant impact on food security around the world, particularly in low-income countries.

Food security is a worldwide issue as well as a domestic one in the United States. According to the United States Department of Agriculture (USDA), around 14.7 percent of American families have low or very low food security. In the United States, this translates to almost 50 million people, with about 17 million children. The Supplemental Nutrition Assistance Program (SNAP) is a federal programme that provides food assistance to low-income households in the United States in response to food insecurity (SNAP). This allows families to get electronic benefits in the form of a debit card that they may use to buy breads, cereals, fruits, vegetables, meat, and dairy goods from recognised retailers. Food insecurity is a complex issue, according to extensive study. Many people lack the financial means to meet their basic demands, putting their families at danger of food insecurity. Despite the fact that food insecurity is directly linked to poverty, not everyone who lives below the poverty line suffers from it, and people who live above the poverty line might also suffer from it. Food insecurity does not exist in a vacuum, as low-income families face a slew of obstacles, including a lack of affordable housing, social isolation, economic/social disadvantage as a result of systemic racism, chronic or acute health conditions, high medical costs, and poor salaries.

## 2.6 LOSS OF APPETITE AMONG UMK STUDENTS

Firstly, we found that loss of appetite is one of the factors malnutrition among university students. As we all know, this loss of appetite can happen to everyone regardless of gender, children, teenagers, the elderly because everyone will feel it especially when they have a fever or severe illness. Loss of appetite is one of the things that everyone has ever experienced. But there are some conditions that cause the appetite to disappear over a long period of time causing complications to the patient. It can also be accompanied by other symptoms such as the body becoming weak and also weight loss. According to (Tiwaskar, 2020) loss of appetite (LOA) or anorexia is a condition of absence of hunger in patients and can occur due to a wide variety of reasons such as age, acute or chronic disease conditions, and associated medications. Loss of appetite can cause nutritional deficiency and lead to associated complications that can negatively impact a patient's health, overall well-being, and quality of life (Patel, 2017). Decreased appetite can also be caused by physiological factors, which cause a person to lose appetite for food, a phenomenon that exists in society today is still found in a person who has a decrease in appetite. so, others consider this to be a normal thing that can eventually lead to complications and disorders in the body can even lead to death if it lasts a long time and is not immediately addressed.

However, the mechanism driving these weight loss effects are unknown. Some studies suggest that the primary mechanism is decreased appetite. Limiting food intake to an 8- to 11-hour period during the daytime (Gill S, 2015) and eating a large breakfast and small dinner decrease appetite and/or food intake in humans, with only one trial reporting an exception (Wehrens SMT, 2017) . Other studies suggest that the primary

mechanism is increased energy expenditure. The ability to self-regulate appetite, as well as the food choices and amounts connected with it, has the potential to alter an individual's response to an intervention. The many processes/mechanisms that underpin phenotypic behaviour could explain individual variances. Furthermore, trends in specific population rates of obesity and risk transmission between generations imply that determinants do not occur in isolation, making susceptibility identification based on physiological, psychologic, and social/environmental mechanisms critical to weight homeostasis success.

Appetite is the system that regulates energy intake (food consumption) and associated motivational states like hunger. Appetite is influenced by and interacts with energy expenditure. As a result, appetite is best understood in terms of energy expenditure (metabolic and behavioural) and should be regarded as part of an energy balancing framework. Appetite is an international academic magazine that focuses on the cultural, social, psychological, sensory, and physiological factors on food and beverage choices and consumption. It includes studies of both human and non-human animal behaviour toward food, and it covers both normal and disordered eating and drinking. This may occur because of the multiplicity of factors that influence appetite and energy intake (A. L. Pilgrim, 2015), but differences in individual characteristics and behaviours, including adiposity, sex, and habitual physical activity, may also modulate appetite responses to exercise. Given the importance of appetite and energy intake in energy homeostasis, an improved understanding of the key individual characteristics and behaviours that adjust appetitive measures after exercise has important implications for weight management.



## **2.7 SUMMARY**

This chapter discussed the literature review of factor malnutrition among UMK student. This research explain detail about the factor has received the literature related to the study variable. Besides that, explain about the current issue because of that factor.

## **CHAPTER 3**

### **METHODOLOGY**

#### **3.1 INTRODUCTION**

In this chapter 3, it will be explained about the method use by the researcher to achieve the objective of this research is presented in this chapter. The research design, sampling strategy, data collection method and data analysis and last the summary will be explain in this chapter.

#### **3.2 RESEARCH DESIGN & STRAEGY**

A qualitative research design method will be used in the research. Qualitative research is used to evaluate complicated problems like people's attitudes, actions, value systems, culture, and way of life. As a result, such research can aid in the construction

of comprehensive survey tools as well as the generation of hypotheses reported by (Hesamedin Askari Mjabadi, 2016) to discuss any correlations that could be investigated further in future quantitative research. A research design may be defined as a framework for conducting any research, and there are several sorts of research designs from which to choose and apply, based on the research that the researcher is conducting. Descriptive research, exploratory research, evaluation research, and explanatory research are examples of this sort of study design. The best research design that can be utilised and used to complete this research was descriptive research, according to the study, factor malnutrition among University Malaysia Kelantan, City Campus students that is being researched by the researcher. Descriptive research entails describing the study's population, setting, and phenomena. The purpose of descriptive research is to figure out how, what, when, and where something might happen.

In addition, the researcher employed a questionnaire question method to finish the study on the factor of malnutrition among University Malaysia Kelantan, City Campus students. This strategy includes the implementation of a platform that a researcher can utilise to collect data from other people. This method requires the people who are being picked and answer a few questions. To use this strategy, researchers must create a text of question to make it easier for them to ask people to answer all of their questions and provide all of the information needed to finish the study on the factor malnutrition among University Malaysia Kelantan, City Campus students. Qualitative research approaches offer strategies for delving into sociocultural experiences, behaviours, and phenomena. That is, they hope to give researchers with methods for discovering and examining new information (Moen, 2015).

Apart from it, Inductive research is used to do qualitative research. The use of diverse analytic tools to address various types of research questions utilising various



qualitative methodologies. The state of progress in science philosophy at the time the technique was developed is represented by several qualitative methods. Qualitative research, like social scientific research, is currently acquiring a popular environment.

### **3.3 SAMPLING STRATEGY**

Sampling is a technique that allows researchers to infer information about a community from the results of a subset of the population without having to look into every single person. It's also known as the selection of a subset of the population from which a generalization or inference about the full population is produced. Each of these main categories has a different number of sampling strategies.

The non-probability sampling method will be employed in this study. Purposive sampling or consideration, on the other hand, is an appropriate technique for this study. Purposeful sampling is a type of sampling in which the researcher selects respondents or members of the public to participate in the study based on his or her assessment. This is because the study was limited to University Malaysia Kelantan, City Campus's student. Student who are usually don't take the right diet in daily life are the among of the respondent.

According to (Schillewaert) almost any type of sample can be useful when calculating population sizes. The goal of this project is to demonstrate how different methods of sampling, or combinations of sampling, can be used in a range of situations, ranging from establishing cause-and-effect or a legal challenge to a sample requiring a simple subjective opinion. Simultaneously, sampling seeks to allow researchers to

record qualitative responses, resulting in more accurate observations, study outcomes, and cost savings.

### **3.3.1 TARGET POPULATION**

According to the study about the factor of malnutrition among University Malaysia Kelantan, City Campus student. The population will be targeting or refer to the person who do not eat a balanced diet on a daily basis. The data will be given to University Malaysia Kelantan, City Campus students who lack of healthy diet. In this research, the target population would be to student who love to eat fast food, instant food and unhealthy food.

### **3.4 SAMPLE SIZE**

The sample size is typically used in research to determine the number of persons that participated in a study and can be classified as a population. The number of participants or persons from the population involved in the study is referred to as the sample size. The sample size is used to determine the sampling procedure that will be employed in the study. Recently, the number of respondents has been suggested to 15 for these approaches such as semi-structured personal interviews with closed questions posed to all interviewers, and the survey has been conducted online. To make this study a success, all the questionnaire questions were circulated by face-to-face interview to the participant answer all the question given. This is because, when collecting

information and data, it is necessary to protect the safety and health of researchers and responders by Standard Operating Procedures (SOP) to avoid Covid-19 epidemic infection.

### **3.5 DATA COLLECTION PROCEDURE**

The data collection method is used to determine the best way to reach the respondent to obtain the required data. Those methods may be the higher cost or use the method that can use the minimum cost. The method that can be chosen for example face-to-face or online survey. Just choose the method to depend on budget, time, and the accuracy of the result. According to (Jenna Jacobsona, 2020) over a year, the survey design was tested and adjusted.

#### **3.5.1 PRIMARY DATA**

In this research, the primary data will be conduct by face-to-face interview. The face-to-face interview as primary data because it originally from the respondent who the original author, who was a skilled communicator and interviewer (Moen, 2015). An interviewer, sometimes known as a personal interviewer, asks a question, usually from a questionnaire, and records the responses. The benefits include a high response rate and the ability for the interviewer to explain the question if the respondent does not comprehend it. When the researcher meets the student from University Malaysia Kelantan, City Campus, he or she can do this face-to-face interview. The interviewer

will be conducting the interview to get the answer from the objective of the research. The qualitative method will collect the data from the survey such as internet survey.

### **3.5.2 SEMI-STRUCTURED INTERVIEW**

Semi-structured interview is the interview that use the same question to all the respondent. It can be collected with the researcher making the interview with the respondent and will collect the data from the fully answer with the explanations and the opinion from the respondent. The answer can be in the experience or the perception from the respondent.

### **3.6 DATA ANALYSIS**

In this research study, the data that interviewer collect will be analyse. In qualitative research, the data analysis will refer to data from interview and observation. Qualitative researchers must show that data analysis was done in a precise, consistent, and thorough manner by recording, systematising, and revealing the techniques of analysis in sufficient detail for the reader to judge whether the process is trustworthy (Nowell, 2017). Thematic analysis has a bad reputation, although it's commonly employed in qualitative research (Braun, 2006). It's also not as well-known as grounded theory, sociology, or phenomenology. Thematic analysis, (Braun, 2006) was argued, should be a foundational approach for qualitative analysis because it gives core abilities for many other types of qualitative research. One of the many advantages of theme

analysis is that it may be used by new researchers who are learning how to analyse qualitative data. There are several approaches to infer meaning from the data set because theme analysis is such a diverse method. Based on (Braun, 2006) thematic analysis is a highly adaptable method that can be tailored to the needs of a variety of research, resulting in a rich and complete report. Thematic analysis is a highly adaptable method that can be tailored to the needs of a variety of research, resulting in a rich and complete report (Nowell, 2017).

### **3.7 SUMMARY**

The research design, sampling strategy, data collection method, and data analysis will be explained in this chapter. Qualitative research is used to evaluate complicated problems like people's attitudes, actions, value systems, culture, and way of life. The best research design that can be utilized and used to complete this research was descriptive research. Sampling is a technique that allows researchers to infer information about a community from the results of a subset of a population without having to look into every single person. Purposeful sampling is a type of sampling in which the researcher selects respondents or members of the public to participate in the study.

## CHAPTER 4

### FINDING AND DISCUSSION

#### 4.1 INTRODUCTION

Chapter 4 states the result of the field study that was conducted on 24 April 2022. In this study, we use a semi-structured interview method to collect data. In this chapter, the researcher shows the results and discussions obtained after the interview session with students UMK. The participants involved in this research are student from Faculty of Hospitality, Tourism and Wellness (FHPK). We used 15 respondents to complete this study.

#### 4.2 DISCUSSION BASED ON RESEARCH QUESTIONS

Semi -structured interview was discussing on how to collected data in qualitative researched, also it was an important instrument in this data collection method. This method involved in conducting interviews in a small number of participants to knew their perspectives on an area and situations. We questioned 15 people that used a semi-structured interview method. We have created three sections, namely section A mental condition, section B lack of knowledge, and section C food consumption.

#### **4.2.1 INTERPRETATIONS OF DATA**

In these interpretations of data, researcher have been done a few processes in order to interpret the data. Researcher had chosen and selecting students from FHPK under UMK. Researcher had done with the face-to-face interview session with the student by walk-in to their university. To achieve two objectives in this research, researcher need to transcribe data and read transcripts from line to line categorize data to find themes and label them as code for researcher guidance. Then, after labelling, the research used open coding to analyze the data. There are two objectives formulated by the researcher for this data. There are two objectives that need to be compiled for this data, namely to study the link between mental condition and malnutrition among University Malaysia Kelantan City Campus Student and to explore the link between malnutrition and lack of knowledge among University Malaysia Kelantan City Campus Student.

#### **4.2.2 OBJECTIVE 1: TO STUDY THE LINK BETWEEN MENTAL CONDITION AND MALNUTRITION AMONG UNIVERSITY MALAYSIA KELANTAN CITY CAMPUS STUDENT.**

Malnutrition among students is common nowadays, especially among students with poor mental health. The high rates of mental illness reported by students, as well as the significant rise in the number of students seeking counselling at colleges, demonstrate this, Therefore, mental health can cause malnutrition among adolescents, especially among students (Craig Thorley ,2017).



Based on student from interview session, they were clearly informed to the researcher that, the malnutrition can cause the mental health and get the disease.

1) Key theme finding: Mental Condition

2) Another theme: Malnutrition

The link between mental condition and malnutrition among University Malaysia Kelantan City Campus Student					
Participant	Student 1	Student 2	Student 3	Student 4	Student 5
Key Theme	Mental condition	Mental condition	Mental condition	Mental condition	Mental condition
	Malnutrition	Malnutrition	Malnutrition	Malnutrition	Malnutrition

Table 1: Summary of findings on what link between mental condition and malnutrition among University Malaysia Kelantan City Campus Student.

#### **4.2.3 KEY POTENTIALS OF THE LINK BETWEEN MENTAL CONDITION AND MALNUTRITION AMONG UNIVERSITY MALAYSIA KELANTAN CITY CAMPUS STUDENT**

##### **MENTAL CONDITION**

This malnutrition is extremely harmful to the body. If the body lacks nutrients, disorders such as myopia can develop, causing a mental state owing to too much stress in the workplace without consideration for a balanced diet, and making the body sluggish and lifeless to do tasks. There is various type of answers that have been given by the students.



The participant from students pointed out:

*“Malnutrition is a lack of food and easy to get disease such as myopia and also nerve problem “*

*(Student 1, Student 2 and Student 3)*

*“Malnutrition means diet is not unhealthy causes poor nutrition. The condition is lack of interest in food and drink “*

*(Student 4)*

*“Lacks of nutrients either a result of poor diet. Condition that consists of malnutrition includes underweight and stunting.”*

*(Student 5)*

From the interview session with the students, they always mention that malnutrition can cause mental condition. When there is a dearth of food, the body becomes too tired to work. Some students have similar sentiments when answering this question.

The participants from students pointed out:

*“Yes, mental health and mental condition are important for us “*

*(Student 1, Student 2, Student 3, Student 4 and Student 5)*

However, they also think that this mental state is related to malnutrition. This is said so because if we lack nutrients, we will be afflicted with various diseases because

the nutrients are not in a person's body. But there are other answers related to that question. Obviously, one's thoughts are not the same.

The participants from students pointed out:

*“Yes, when consuming malnourished foods causes various diseases”*

*(Student 1, Student 4 and Student 5)*

*“Uncertainty with mental state has something to do with malnutrition”*

*(Student 2)*

*“Not related to mental state is related to malnutrition”*

*(Student 3)*

In order to be aware of the mental state related to malnutrition, the students gave their opinions. In this part it is not the same because it is due to different thoughts.

The participants from students pointed out:

*“Poor health changes”*

*(Student 1)*

*“Often eat snacks such as MCD”*

*(Student 2)*

*“If there is a lack of nutrients our body will become lethargic”*

*(Student 3)*

*“Eat on diet everyday”*

(Student 4)

*“When I lost my weight’*

(Student 5)

Mental state is also explained in relation to culture. However, during the interview session, they responded with their respective opinions related to culture. Each answer they give is very different and not the same at all.

The participants from students pointed out:

*“I was able to adapt to the latest culture”*

(Student 1)

*“Because the food has a more delicious taste than a balanced diet”*

(Student 2)

*“Culture is a part of our lives”*

(Student 3)

*“Always maintain body health, by exercise and healthy diet “*

(Student 4)

*“I don’t know about it “*

(Student 5)

## MALNUTRITION

Malnutrition is a dangerous disorder that occurs when you don't get enough nutrients in your diet. It can relate to undernutrition (not obtaining enough nutrients) or malnutrition (not getting enough nutrients). Overnutrition is defined as receiving more nutrients than are required. Malnutrition (undernutrition) is caused by a lack of nutrients, either as a result of a poor diet or problems absorbing nutrients from food. Certain things can increase your risk of becoming malnourished.

The participant from students pointed out:

*“Malnutrition is a disease that causes symptoms of night blindness and also nerve problems”*

*(Student 1)*

### **4.2.4 OBJECTIVE 2: TO EXPLORE THE LINK BETWEEN A LACK OF KNOWLEDGE AND MALNUTRITION AMONG UNIVERSITY MALAYSIA KELANTAN CITY CAMPUS STUDENT.**

Malnutrition might happen as a result of students lack of exposure to essential nutrition information. This is because students pay less attention to the need of eating nutritious food to live healthier lifestyle. Besides that, malnutrition defined as being underweight, overweight or having an imbalance in the consumptions of a balanced dietary supply of nutrients.

From the previous interview session, they were clearly informing to the researcher there are some questions that should be answered by them. The result we found from the students was a lack of knowledge related to malnutrition.

3) Key theme finding: Lack of knowledge

The link between a lack of knowledge and malnutrition among University Malaysia Kelantan City Campus Student					
Participant	Student 1	Student 2	Student 3	Student 4	Student 5
Key theme	Lack of knowledge	Lack of knowledge	Lack of knowledge	Lack of knowledge	Lack of knowledge

Table 2: Summary of findings on a lack of knowledge and malnutrition among University Malaysia Kelantan City Campus Student.

**4.2.5 KEY BENEFIT THE LINK BETWEEN A LACK OF KNOWLEDGE AND MALNUTRITION AMONG UNIVERSITY MALAYSIA KELANTAN CITY CAMPUS STUDENT**

**LACK OF KNOWLEDGE**

Students also have less knowledge related to malnutrition. They do not take seriously about the lack of nutrients in this body. Therefore, they have less knowledge related to this matter. There were a number of questions that were asked during the interviews and found that they did indeed have a superficial knowledge related to malnutrition.

*“No concerned about eating a well-balanced diet “*

*(Student 4)*

*“Yes, because a balanced diet is very important for health”*

*(Student 1, Student 2, Student 3 and Student 5)*

In addition, nutrition should also be well taken care of to stay healthy. If not taken care of properly, it is easy to get in trouble and lose focus to get the job done. These basic foods are very important to take care of because by taking care of food can give the brain more active and the body becomes healthier. For example, the student said

*“Twice a day “*

*(Student 4 and Student 5)*

*“sometimes “*

*(Student 1)*

*“3 times a day “*

*(Student 2)*

*“Every day especially at mealtimes”*

*(Student 3)*

Healthy eating is very important to everyone so it is not wrong to choose unhealthy foods for example snacks and even junk food. During the interview, some also asked about when you learned about this healthy eating. Like student said

“Ever since school I was exposed to a healthy diet”

(Student 1, Student 3, Student 4 and Student 2)

“*At university* “

(Student 5)

From the participant views, a balanced diet is a diet that contains differing kinds of foods in certain quantities and proportions so that the requirement for calories, proteins, minerals, vitamins and alternative nutrients is adequate and a small provision is reserved for additional nutrients to endure the short length of leanness. Like student said

“*Sometimes no*”

(Student 4)

“*Yes, it depends on the needs of my body*”

(Student 1, Student 2, Student 3 and Student 5)

During the interview, they also asked about the expectations and hopes of family and friends related to healthy eating. However, they give a different opinion. Clearly shows that, this diet is important to all human beings regardless of age.

The participant from student pointed out:

“*My expectation is they need to know about the basics of a balanced diet*”

(Student 2)

*“My family and friends also value healthy eating”*

*(Student 3)*

*“The practice of a balanced diet is very important”*

*(Student 1)*

*“Eat on diet everyday like breakfast, lunch and dinner”*

*(Student 4)*

*“Always consume the healthy food “*

*(Student 5)*

### **4.3 SUMMARY**

This chapter focuses on the interpretation of data obtained from interviews with student FHPK under UMK. This chapter discusses the benefit, potential between mental condition and malnutrition among University Malaysia Kelantan City Campus Students and also the link between malnutrition and a lack of knowledge among University Malaysia City Campus Students.



## **CHAPTER 5**

### **CONCLUSION**

#### **5.1 INTRODUCTION**

In the previous chapter, the researcher conducted a face-to-face interview with the selected participant including FHPK students. In this chapter, the content is linked with the previous study, research finding, limitation, recommendation, and the summary. This chapter will become out with the result from the interview to get some information that we need to complete the research. To get the full result of the research, research goes through the limitation and the research will discuss a recommendation for malnutrition and its consequence among University Malaysia Kelantan City Campus students.

#### **5.2 RELATED WITH PREVIOUS STUDY**

In this section researchers have proceeded with questionnaire that related with previous study on literature review that have been done by researchers which there were 3 section and contain 5 of questions that provided by researchers to respondents that

chosen to answer the questionnaire. Through face-to-face method of questionnaire the answer given by respondents were directly from their life experiences. In the first section, respondents were asking about their opinion about what is the malnutrition and they were asked to give a condition that consists of malnutrition. The answer from respondents where malnutrition is a situation where people lack of nutrition and caused a situation where people that happening experienced malnutrition easy to get tired. This matter linked to the previous study that according to World Health Organization (April 15, 2020) malnutrition refers to deficiencies, excesses, or imbalances nutrient that received by a person. The term of malnutrition come with two group of condition that consist undernutrition and underweight (low weight for age), and overweight. Next, the question about mental health and mental conditions are important to respondents and the answer that given by respondents was mental health and mental condition was the main factor that influence the dietary of students. This were related to issue of food insecurity is very important to the university students which is produced from the factory plays to feel safe by eating the food. As a result, that involved proper packaging methods and procedures in producing something food ingredients to maintain steady food expansion and balance fluctuations in production and prices. Furthermore, the next question in this section are can you describe how you become aware of your mental condition related to malnutrition? In addition, the answer that given by respondent are it appear when there were situation body becomes weaker because lack of nutrition. This were linked to the previous study which appetite loss can lead a person to nutritional deficiencies and problems, which can have a detrimental influence on a patient's health, overall well-being, and quality of life (Patel,2017), Decreased appetite can also be caused by physiological factors which cause a person to lose appetite for food.

Next, the second section of the questionnaire also providing five questions, which this section is more to the knowledge of students about malnutrition. According to the first question respondent were ask about are they concern about eating a well-balanced diet. Respondents answer are yes because the healthy food dietary was important for a healthy life. This relates to the past study which limited time for their leisure time lot of students doesn't take the knowledge of nutritious eating as a serious matter in their daily life. The second question of this section is about how many times you make sure the basic meal is taken care and the answer by the respondent overall was not consistent about nutritious dietary. This matter was related to exposes to unhealthy life style, which they only eat what they want to survive a single day. They are more exposes to instant food instead of fresh cooked food it was because they were more to something like instant noodles, fried chicken and many more. Furthermore, the third question in this section are did you choose a balanced diet based on your body demand? In addition, the answer that given by the most respondent was yes, they only take what needed by their body. This matter, related to it is happening because they have little knowledge about nutritious eating and instead of having good meal, they only think about how to fill up their tummy (Zaim, 2022). This has cause lot of issue among them which is overweight, underweight and other which can expose them to heart disease, stroke, diabetes, and cancer.

The third section of the questionnaire were more about food consumption and the first question is that certain condition that makes student cause of eating insufficiently? Why? The respondent mostly answered yes because students were more to unhealthy dietary in their daily life. This matter was related to some student does not have a good eating practice in their daily life which may give effect to their body. Furthermore, the second question of this section what is the malnutrition that students often face and the

answer by most respondents are lack of carbohydrate, poor concentration, easily get tired, and many more bad side effects. This related to past study which is a bad habit diet habit can cause issue where they were easier to get sick, stress, tiredness, depression, and other because there was no nutrient that enter inside their body (Hindmash Square, 2022). Next, the third question of this section is how do student feel or impact when the body has a lack of nutrients. So, the respondent answer that it can disturb their daily life, lack of energy and always sleepy, and many more. This are related to the effect of unhealthy diet can be seen through the changes of the student body shape because there will be lot of changes that happen to the students' body neither skinny nor obesity.

### **5.3 RESEARCH FINDING**

In this section, present the summary of the findings which conclusion drawn from the findings and the corresponding recommendations. This study was taken with the general objective of malnutrition and its consequences among University Malaysia Kelantan city campus students.

Especially this study sought to answer the following questions:

1. What is the link between mental health and malnutrition among University Malaysia Kelantan City Campus students?
2. What is the link between a lack of knowledge and malnutrition among University Malaysia Kelantan City Campus students?
3. What is the link between poor food consumption and malnutrition among University Malaysia Kelantan City Campus students?

No	Finding of factors	Interview's transcription
1	Mental condition	<p>“Malnutrition means diet is not healthy causes poor nutrition” (INF4)</p> <p>“Lack of nutrients either of poor diet condition that consist of malnutrition includes underweight, stunting, and wasting” (INF5)</p> <p>“Pada pendapat saya, kekurangan zat makanan bole hmenyebabkan kurus” (INF6)</p> <p>“Kekurangan zat dimana seseorang mengalami kekurangan berat badan” (INF8)</p>
2	Lack of knowledge	<p>“Ya sering mengambil berat tentang pengambilan makanan seimbang” (INF6)</p> <p>“Ya, kerana pengambilan makanan yang seimbang sangat penting untuk kesihatan” (INF1)</p> <p>“Tidak selalu (INF7)</p>

		<p>“Ya, ianya sangat penting untuk tubuh badan manusia” (INF3)</p>
3	Food consumption	<p>“Ya, kerana makanan sihat susah untuk didapati” (INF3)</p> <p>“Ya, sebab pelajar lebih suka makan makanan yang tidak sihat berbanding makanan yang seimbang” (INF1)</p> <p>“Yes, they always spend a lot of time to study” (INF5)</p> <p>“Yes, student face stress when studying that causes them eating insufficiently” (INF4)</p>

Table 3: Malnutrition and it consequences among University Malaysia Kelantan City Campus Students

#### 5.4 LIMITATION

While conducting research, any study will encounter hurdles and issues. Researchers cannot manage some parts of the study due to limitations. This happens when events, influences, and short-term activities take you outside of your comfort zone. The difficulty to meet the respondents is one of the research's limitations. Some classes are held online due to the Covid-19 problem. As a result, the majority of students will remain at home or only on campus when necessary. Even if the researcher is on campus, getting a response is difficult since just a few students will be strolling about while data collection is taking place. The researcher must spend some time collecting information and it consumes a lot of time and energy. Other than that, it is just the researcher's problem which is we can't sit down face to face to discuss and complete the task or the research. the researcher just discusses this through WhatsApp and Google Meeting.

## **5.5 RECOMENDATION**

The study's recommendation is that the government give subsidized programmers and healthy food aid to impoverished students, such as food, healthcare, or water, in order to overcome the problem of student malnutrition. The university's administration should then organize a campaign to promote awareness among students about the necessity of leading a healthy lifestyle. This is because the pupils' level of health and food care is very low, which might lead to malnutrition. By providing nutritious meals to students at an affordable price, the surrounding community may establish a better food system. As a result, students who are experiencing difficulties will not be burdened if the price given is acceptable. Finally, students should be concerned about nutritional knowledge and make dietary improvements by choosing a more well-balanced diet that

fulfills the body's needs. This is due to the fact that students are less concerned about their regular diet. It takes a lot of self-control to be a student with an ideal figure.

## **5.6 SUMMARY**

To conclude, the focus of this study was to investigate the causes of malnutrition among students at University Malaysia City Campus Kota. Furthermore, this work might be utilized as a reference by other students who want to undertake additional research on nutritional issues. As an outcome, it can be inferred that mental health, a lack of understanding, and insufficient food consumption are all major contributors in malnutrition among students at University Malaysia City Campus Kota. As a result, it is expected that all of the material presented throughout this research would assist other researchers in their future research.



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